

Consumer Information Catalog

FREE
Now order booklets from
Pueblo by telephone!
Call 719-948-4000.

Spring 1997



A catalog of free and low-cost federal publications of consumer interest

CONSUMER INFORMATION CATALOG

CONTENTS

Cars	2
Children	2
Learning Activities	
Jr. High & Beyond	
Parenting	
Employment	4
Environment	4
Federal Programs	5
Benefits	
Food & Nutrition	5
Health	6
Drugs & Health Aids	
Medical Problems	
Mental Health	
Housing	8
Buying & Financing	
Home Improvements & Safety	
Money	9
Credit	
Financial Planning	
Small Business	11
Travel & Hobbies	12
Miscellaneous	12
Publication Pricing	13
Participating Agencies	13
How to Order	14

Of Interest...

Electronic Application for
Federal Student Aid...page 3.

Social Security: What Every
Woman Should Know...page 5.

Health Information On-Line...
page 6.

Discover America...page 12.

Annuities...page 10.

CARS

Glove Box Tips. Five booklets to help you get your car ready for summer and winter driving, choose the right repair shop, and get the best work from your mechanic. 10 pp. (1994. EPA) **302D. 50¢.**

How to Find Your Way Under the Hood & Around the Car. Instructions for 14 preventative maintenance services you can perform on your car. 2 pp. (1993. DOC) **303D. 50¢.**

How to Get a Great Deal On a New Car. Step-by-step instructions for a proven negotiation technique that you can use to save money on your next car. 4 pp. (1996. USDA) **304D. 50¢.**

New Car Buying Guide. Discusses pricing terms, financing options, and various contracts. Includes a worksheet to help you bargain. 2 pp. (1992. FTC) **305D. 50¢.**

Nine Ways to Lower Your Auto Insurance Costs. Tips on what to do to lower your expenses. Includes a chart to compare discounts. 6 pp. (1990. OCA) **306D. 50¢.**

Underhood Tips to Help You Keep Your Cool. Learn how non-Freon air conditioners affect you and the environment. 2 pp. (1995. EPA) **502D. Free.**

- *Find the Environment section on page 4.*

CHILDREN

Learning Activities

Deputy Fire Marshal Kit. Stickers, a badge, and colorful certificate teach elementary age children the "cool rules" of fire safety. (1995. CPSC/FEMA) **504D. Free.**

Helping Your Child Learn Geography. Revised. Teach 5 - 10 year old children geography in ways that are challenging and fun. 36 pp. (1996. ED) **372D. 50¢.**

Helping Your Child Learn History. Makes history interesting to 4-11 year olds with lots of activities and fun things to do. 50 pp. (1993. ED) **307D. 50¢.**

Helping Your Child Learn Math. 26 meaningful and fun activities to help your children (ages 5-13) see math as a positive and interesting part of life. 64 pp. (1993. ED) **308D. 50¢.**

Helping Your Child Learn to Read. Activities to help you and your child (10 years and under) develop a strong foundation for reading. Good for older children too. 65 pp. (1993. ED) **309D. 50¢.**

Helping Your Child Succeed in School. 15 fun activities to do with your children (ages 5-11) to help expand their imagination, obey, organize, help others, and more. 52 pp. (1993. ED) **311D. 50¢.**

Helping Your Child With Homework. Suggestions to help you help your child set the time and place for homework, follow-up with the teacher, and more. Good for grades K-9. 48 pp. (1995. ED) **312D. 50¢.**

Timeless Classics. Lists nearly 400 books published before 1960 for children of all ages. Divided in grade groups of kindergarten through 12th. 2 pp. (1994. NEH) **314D. 50¢.**

Jr. High & Beyond

All About Direct Loans. Learn about the four types of direct student education loans, how much you can borrow, how to apply, how you'll be paid once you're approved, repayment options and your rights and responsibilities. 33 pp. (1996. ED) **516D. Free.**

Catch the Spirit: A Student's Guide to Community Service. Describes volunteer opportunities, along with local and national resources for more information. 15 pp. (1996. ED) **503D. Free.**

Direct Student Loan Consolidation... could benefit you financially. Learn how to consolidate your federal loans into a single Direct Loan Account, your options for repayment, and more. 16 pp. (1996. ED) **517D. Free.**

Electronic Application for Federal Student Aid. Two 3.5" diskettes with software (Windows compatible), extensive on-line instructions, and a user guide so that you can fill out and send your application for federal student aid directly to the schools you're applying to. Use with any IBM compatible PC with a modem. 1997-98 school year. (1996. ED) **615D. Free.**

Planning for College. Strategies to help you plan for tuition and fees along with helpful charts for estimating future costs. 10 pp. (1996. TREA) **507D. Free.**

Preparing Your Child for College: A Resource Book for Parents. Work sheets and checklists to help plan for college academically and financially. Gives examples of typical college costs, suggests ways to save, and much more. 57 pp. (1996/97. ED) **508D. Free.**



The Real Deal. Word games, a poster, and puzzles to help junior high students learn to be smart consumers. 12 pp. (1995. FTC) **313D. 50¢.**

Parenting

Baby Safety Checklist. Keep this growth chart handy to mark and date your baby's development and review the 12 important safety tips. (1995. CPSC) **315D. 50¢.**

Growing Up Drug Free. Shows parents what children should know about drugs, including alcohol and tobacco, at each age level. 33 pp. (1992. ED) **505D. Free.**

How to Give Medicine to Children. Five questions to ask the pharmacist, and tips on safely using dosing aids. 4 pp. (1996. FDA) **616D. Free.**

Kids Aren't Just Small Adults. Important information about giving nonprescription medicine to your children. 1 pp. (1992. FDA) **506D. Free.**

Kids' Vaccinations Get a Little Easier. Learn what they are and how they work to keep your child healthy. Includes a vaccination schedule. 5 pp. (1994. FDA) **553D. Free.**

Learning Disabilities. Explains the differences between learning problems and disabilities. A chart shows language and reasoning skills to watch for at different ages and more. 40 pp. (1993. NIMH) **316D. 50¢.**

Preventing Childhood Poisoning. How to spot symptoms of poisoning, and what antidotes to give. 4 pp. (1996. FDA) **509D. Free.**

Schools Without Drugs. An action plan for parents, teachers, school administrators, and students that can help fight drug use. 91 pp. (1992. ED) **510D. Free.**

Toys & Play. Learn how play can improve your child's development. Includes a toy safety and buying guide for children up to 12 years old. 23 pp. (1994. CPSC) **511D. Free.**



EMPLOYMENT

The GED Diploma. Learn what the General Education Development Diploma tests cover, how to prepare, and where to get more information. 16 pp. (1991. ED) **512D. Free.**

Handy Reference Guide to the Fair Labor Standards Act. Revised. Explains the federal laws on minimum wage, overtime pay, record-keeping, child labor, and more. 18 pp. (1996. DOL) **374D. 50¢.**

Health Benefits Under COBRA (Consolidated Omnibus Budget Reconciliation Act). How to keep or buy coverage for yourself and family after a job loss, reduced work hours, divorce, or death. 24 pp. (1994. DOL) **317D. 50¢.**

High Earning Workers Who Don't Have a Bachelor's Degree. Lists more than 100 occupations requiring less than a college degree. 8 pp. (1995. DOL) **101D. \$1.00.**

How to File a Claim for Your Benefits. Here's what to do if your claim or appeal for health, disability, or severance benefits is denied. Covers what the law does, waiting periods, and more. 2 pp. (1991. DOL) **318D. 50¢.**

OSHA: Employee Workplace Rights. What to do if you question the safety of, and/or hazards in the workplace. Gives addresses and phone numbers of various federal and state offices to contact for more information or help. 19 pp. (1994. DOL) **617D. Free.**

Occupational Outlook Quarterly. Reviews new occupations, salaries, job trends, and more. 1 year subscription, 4 issues. (DOL) **250D. \$9.50.**

Resumes, Application Forms, Cover Letters, and Interviews. Tips on tailoring your resume for specific jobs and sample interview questions. 8 pp. (1987. DOL) **102D. \$1.00.**

Tips for Finding the Right Job. Revised. Learn how to assess your skills and interests, prepare a resume, write cover letters, and interview for a job. 28 pp. (1996. DOL) **131D. \$1.75.**

Tomorrow's Jobs. Discusses changes in the economy, labor force, future demand, and more. 14 pp. (1996. DOL) **103D. \$1.75.**

What You Should Know About Your Pension Rights. An explanation of your rights, information about benefits, payment schedules, protections, and more. 48 pp. (1995. DOL) **359D. 50¢.**

Your Guaranteed Pension. Answers 19 frequently asked questions about the security of private pension plans, including benefits and plan termination. 11 pp. (1995. PBGC) **596D. Free.**

ENVIRONMENT

Collecting Used Oil for Recycling/Reuse. Tips for changing your own motor oil and explains why recycling oil helps the environment and saves energy. 2 pp. (1994. EPA) **513D. Free.**

Cooling Your Home Naturally. Suggests how to save electricity and keep your home cool with landscaping, roof treatments, and more. 8 pp. (1994. DOE) **104D. \$1.00.**

The Duck Stamp Story. Help preserve wetlands and wildlife refuges by becoming a collector of these unique stamps. 2 pp. (1995. DOI) **514D. Free.**

Energy-Efficient Windows. Describes how to reduce your home's heating, cooling, and lighting costs. 6 pp. (1994. DOE) **105D. \$1.00.**

Healthy Lawn, Healthy Environment. Tips on soil preparation, grasses, watering, mowing, pesticides, choosing a lawn care service, and more. 19 pp. (1992. EPA) **319D. 50¢.**

Why Save Endangered Species? Ways to get involved in saving plants and animals. 7 pp. (1992. DOI) **515D. Free.**

FEDERAL PROGRAMS

The Americans with Disabilities Act: Questions and Answers. Explains how the civil rights of persons with disabilities are protected at work and in public places. 32 pp. (1992. DOJ) **602D. Free.**

Are There Any Public Lands for Sale? Describes the federal program to sell excess undeveloped public land and why there is no more available for homesteading. 12 pp. (1994. DOI) **106D. \$1.00.**

Guide to Federal Government Sales. How to buy land, houses, cars, and other items from 18 federal sales programs, including seized and unclaimed property. 19 pp. (1994. GSA) **107D. \$1.75.**

How You Can Buy Used Federal Personal Property. The government sells its used equipment and industrial items; here are telephone numbers to call for more information. 4 pp. (1996. GSA) **320D. 50¢.**

U.S. Real Property Sales List. Lists government properties for sale that are sold by auction or sealed bid. Tells how to get more information on specific properties. 5 pp. (Revised bi-monthly. GSA) **519D. Free.**

Your Social Security Number. Explains why we have social security numbers, when and how to get one, and how to protect its privacy. 2 pp. (1994. SSA) **520D. Free.**

Benefits

Federal Benefits for Veterans and Dependents. Medical, educational, home loan guarantees, insurance, compensation, pension, health care, and other benefit programs for veterans and survivors. 92 pp. (1996. VA) **109D. \$3.25.**

Medicare Covers Mammograms. Describes what a mammogram is, how it detects early breast cancer, and what Medicare covers. 5 pp. (1995. HCFA) **521D. Free.**

Medicare Managed Care. Compares the benefits and disadvantages of managed care vs. fee-for-service plans. Lists phone numbers of state health insurance offices for information and counseling. 19 pp. (1996. HCFA) **610D. Free.**

Medicare Pays for Flu Shots. Why, when, and where Medicare recipients can get free flu shots. 2 pp. (1994. HCFA) **522D. Free.**

Request for Earnings and Benefit Estimate Statement. A form to complete and return to Social Security to get your earnings history and an estimate of future benefits. 3 pp. (1994. SSA) **523D. Free.**

Social Security: Understanding the Benefits. Explains retirement, disability, survivor's benefits, Medicare coverage, Supplemental Security Income, and more. 40 pp. (1996. SSA) **524D. Free.**

Social Security: What Every Woman Should Know. What women should know about benefits upon retirement, disability, widowhood, or divorce. 17 pp. (1996. SSA) **618D. Free.**

Your Medicare Handbook. Learn who is eligible, how to apply, fill out claims, events that can change your Medicare protection, what is and isn't covered, and your right to appeal. 30 pp. (1996. HCFA) **110D. \$2.25.**

FOOD & NUTRITION

Action Guide for Healthy Eating. Practical ideas to help you lower your risk of cancer by eating less fat and more fruits, vegetables, and whole grains. 16 pp. (1995. NCI) **525D. Free.**



Can Your Kitchen Pass the Food Safety Test? Take the 10 point quiz on food storage, handling, and cooking to protect your family from food-borne illnesses. 4 pp. (1995. FDA) **526D. Free.**

A Consumer's Guide to Fats. Describes the different types of fats and cholesterol and their effects on your health. Includes a glossary of common "fat words." 5 pp. (1994. FDA) **527D. Free.**

Dietary Guidelines for Americans. How to choose a diet that will taste good, be nutritious, and reduce chronic disease risks. 43 pp. (1995. USDA/HHS) **321D. 50¢.**

Eat Right to Help Lower Your High Blood Pressure. Lists snacks, menu ideas, and recipes to help you control your weight and your high blood pressure. 30 pp. (1995. NIH) **111D. \$1.50.**

Food Allergies: Rare but Risky. Learn the differences between food allergies and food intolerance; diagnosis and tips on preventing and treating allergic reactions. 6 pp. (1994. FDA) **528D. Free.**

Food Label Close-Up. Describes the new food label requirements, including nutrition facts, ingredients, nutrient content, health claims, and the value of package dates. 5 pp. (1995. FDA) **529D. Free.**

A Fresh Look at Food Preservatives. Describes how and why food preservatives are used and what safety standards are followed. 5 pp. (1994. FDA) **530D. Free.**

Growing Older, Eating Better. How and why to follow a nutritious diet as you grow older. Lists sources of information about meal programs and available assistance. 5 pp. (1996. FDA) **531D. Free.**

Healthful Snacks for the Chip & Dip Crowd. Tips on choosing what snacks are best for you and your diet. Also discusses the new fat-based substitute Olestra which adds no fat or calories. 5 pp. (1996. FDA) **532D. Free.**

How to Buy Fruits, Vegetables, and Meats. Use these tips to make healthy decisions based on nutritive value, prices, wholesomeness, quality, and convenience:

How to Buy Fresh Fruits. 26 pp. (1994. USDA) **322D. 50¢.**

How to Buy Fresh Vegetables. 26 pp. (1994. USDA) **323D. 50¢.**

How to Buy Meat. 22 pp. (1995. USDA) **324D. 50¢.**

Is Something Fishy Going On? Explains names and appearance of different species of fish so you can spot some of the most common sales frauds. 5 pp. (1994. FDA) **533D. Free.**

Making It Easier to Shed Pounds: The New Food Label. Helps the diet-conscious select nutritious foods for their weight-loss plan. 6 pp. (1994. FDA) **534D. Free.**

Quick Consumer Guide to Safe Food Handling. Avoid food poisoning by learning how long some foods can be safely frozen or refrigerated. 8 pp. (1991. USDA) **535D. Free.**

Scouting for Sodium: The New Food Label. Gives tips on how to use the new food label in choosing foods for a low-sodium diet. 5 pp. (1995. FDA) **536D. Free.**

Taking the Fat Out of Food. Describes various fat substitutes that can make your diet healthier. Sample menu to cut your fat intake by 50%. 6 pp. (1996. FDA) **538D. Free.**

Talking About Turkey. How to buy, store, thaw, stuff, and prepare turkey. A complete guide with recipes and charts. 22 pp. (1987. USDA) **539D. Free.**

Thrifty Meals for Two. Developed especially for the older couple on a limited budget. Menus and recipes to help you prepare hearty, nutritious, and economical meals. 70 pp. (1993. USDA) **112D. \$2.50.**

HEALTH

Exercise and Your Heart. An action plan for starting and staying on an exercise program, including 37 different activities to choose from. 39 pp. (1993. NIH) **113D. \$1.75.**

FDA Consumer. Articles based on recent developments in the regulation of foods, drugs, and cosmetics by the Food and Drug Administration. Annual Subscription, 10 issues. (FDA) **251D. \$15.00.**

Fighting Fleas and Ticks. How to remove a tick safely, prevent tick-borne disease, and tips on keeping fleas away. 6 pp. (1996. FDA) **540D. Free.**

Guide to Choosing a Nursing Home. When to visit, whom to talk to, and what to ask about quality care, payment, Medicare/Medicaid coverage, and other insurance. Includes a helpful checklist. 19 pp. (1993. HCFA) **541D. Free.**

Health Information On-Line. Access to virtually limitless health and medical information is available on the Internet, including fraudulent and false information. Suggestions to help determine if a site is reliable and where to find reputable sites. 5 pp. (1996. FDA) **613D. Free.**

Lifting the Clouds of Cataracts. Discusses how cataracts develop, symptoms and treatment options, including intraocular lens implants. 4 pp. (1992. FDA) **543D. Free.**

Progress in Blood Supply Safety. Discusses how the blood industry is regulated, and the tests now performed on all donated blood. 4 pp. (1995. FDA) **544D. Free.**

Questions to Ask Your Doctor Before You Have Surgery... with follow-up information to help you make decisions about your health care. 14 pp. (1995. HHS) **115D. \$1.00.**

Seven Steps to Safer Sunning. Practical tips to help you assess your risk of skin damage. Monthly skin self-examination chart included. 5 pp. (1996. FDA) **619D. Free.**



Silicone Breast Implants. Where to get more information, report problems, and precautions to take if you already have implants. 4 pp. (1993. FDA) **545D. Free.**

The Sun, UV, and You. Explains what the UV (ultraviolet radiation) index is and how you can use it to avoid skin cancer, cataracts, and premature aging of the skin. Gives special information for children. 12 pp. (1995. EPA) **546D. Free.**

Walking for Exercise and Pleasure. Includes illustrated warm-up exercises and advice on how far, how fast, and how often to walk for best results. 14 pp. (1994. PCPFS) **116D. \$1.00.**

Drugs & Health Aids

Aspirin: A New Look at an Old Drug. How aspirin can help in the prevention and treatment of cardiovascular disease. 3 pp. (1994. FDA) **547D. Free.**

Buying Medicine? Help Protect Yourself Against Tampering. 1 pp. (1992. FDA) **548D. Free.**

Choosing Medical Treatments. Describes how to decide if alternative therapy such as acupuncture, hypnosis, herbs, or biofeedback, is right for you. How to avoid fraudulent health treatments. 5 pp. (1995. FDA) **549D. Free.**

Depo-Provera. Discusses benefits and risks of this injection that prevents pregnancy for three months. 3 pp. (1993. FDA) **550D. Free.**

Eye Wear. Tells what different eye specialists do and gives questions to ask when shopping for eyeglasses or contact lenses. 2 pp. (1994. FTC) **325D. 50¢.**

FDA's Tips for Taking Medicines. How to get the most benefit with fewest risks. Questions to ask and suggestions for long-term medication use. 5 pp. (1996. FDA) **551D. Free.**

Hocus-Pocus as Applied to Arthritis. Discusses fraudulent cures and medically sound treatments for arthritis, rheumatism, and gout. 4 pp. (1993. FDA) **552D. Free.**

Making It Easier to Read Prescriptions. Gives example of a typical prescription and lists common symbols and terms so you can understand your doctor's instructions. 3 pp. (1995. FDA) **554D. Free.**

Mammography Facilities Must Meet Quality Standards. Learn what has changed to better your chances of early detection of breast tumors. 5 pp. (1994. FDA) **555D. Free.**

Nonprescription Medicines: What's Right for You? Important advice on choosing over-the-counter (OTC) medicines and avoiding harmful interactions. 12 pp. (1996. FDA) **556D. Free.**

Not a Cure-all, Eye Surgery Helps Some See Better. Discusses and compares common surgical procedures and the new laser procedures. 5 pp. (1995. FDA) **557D. Free.**

Taming Tummy Turmoil. Lists over-the-counter medications (and their possible side effects) for motion sickness, heartburn, indigestion and overindulgence. 4 pp. (1996. FDA) **559D. Free.**

Unproven Medical Treatments Lure Elderly. Americans spend nearly \$20 billion each year on unproven medical treatments. Learn why these can be dangerous and how to avoid fraud. 5 pp. (1995. FDA) **560D. Free.**

Medical Problems

Alzheimer's Disease ... is a group of diseases that lead to the loss of mental and physical functions. Learn how Alzheimer's is diagnosed, possible causes, and current treatments. Lists references and sources for more help. 36 pp. (1992. NIMH) **561D. Free.**

Chronic Fatigue Syndrome. Learn the symptoms and what treatments are being studied. 15 pp. (1991. NIH) **326D. 50¢.**

Coping with Arthritis In Its Many Forms. Describes proven treatments for the most common types of arthritis, and how to avoid being a target for fraudulent "cures." 5 pp. (1996. FDA) **562D. Free.**

Dizziness. Explains the various causes, diagnostic tests, and treatments for people suffering from dizzy spells. 27 pp. (1986. NIH) **117D. \$1.25.**

Don't Lose Sight of Glaucoma. Glaucoma is a leading cause of blindness. Find out who is most likely to develop it, what the symptoms are, and how it is treated. 2 pp. (1993. NIH) **327D. 50¢.**

Preventing Stroke. Discusses what a stroke is, warning signs, and risk factors. Includes a chart to estimate your stroke risk. 8 pp. (1994. NIH) **375D. 50¢.**

Prostate Cancer... is the second most common cancer in men. Learn how it's detected, what treatments are available, and where to get more information. 5 pp. (1995. FDA) **563D. Free.**

So You Have High Blood Cholesterol. Guidelines for lowering your blood cholesterol through diet, medication, and exercise. 36 pp. (1993. NIH) **119D. \$1.75.**

Spread the Word About Cancer: A Guide for Black Americans. Learn what you can do to reduce your chances of getting cancer. 12 pp. (1995. NCI) **564D. Free.**

Urinary Tract Infections In Adults. Discusses the risks, symptoms, and treatments of this common and frequent infection. 19 pp. (1991. NIH) **328D. 50¢.**

Varicose Vein Treatments. Explains various treatments, risks and side effects; questions to ask your doctor; and warnings about fraudulent claims. 2 pp. (1994. FTC) **329D. 50¢.**

When the Spine Curves. How to detect and get help treating scoliosis, an abnormal curvature of the spine that may show up during adolescence. 3 pp. (1985. FDA) **565D. Free.**

Yeast Infections. Describes the symptoms, causes, available medications, and preventive tips. 2 pp. (1996. FDA) **566D. Free.**

Mental Health

Attention Deficit Hyperactivity Disorder. Discusses symptoms, causes, diagnosis, and treatments of this disorder which affects many children and young people. 42 pp. (1994. NIMH) **330D. 50¢.**

- *Look into "Learning Disabilities" on page 3.*

Anxiety Disorders. Treatments available and resources to contact for more information on panic phobias, stress, obsessive-compulsive, and other anxiety disorders. 24 pp. (1994. NIMH) **567D. Free.**

Bipolar Disorder (Manic-Depressive Illness). Learn signs and symptoms, available treatments, and how to get help. 12 pp. (1993. NIMH) **568D. Free.**

Eating Disorders. Both overeating and excessive dieting can be life-threatening illnesses. Learn symptoms, possible medical complications, treatments, how to help, and resources for more information. 17 pp. (1993. NIMH) **376D. 50¢.**

Helping the Depressed Person Get Treatment. Gives specific advice and examples of symptoms, and treatments to help. 23 pp. (1990. NIMH) **569D. Free.**

Medications for the Treatment of Schizophrenia: Questions and Answers. Describes various medications and how they work, gives a range of usual daily doses and discusses side effects. 13 pp. (1992. NIMH) **570D. Free.**

Obsessive-Compulsive Disorder. Learn how to identify, treat, and get help for excessively repetitive thoughts and behaviors that are distressing and extremely difficult to overcome. 16 pp. (1994. NIMH) **571D. Free.**

Panic Disorder. What to do when anxiety or sudden fear seems too much to handle. Lists symptoms, treatments, and where to get help. 2 pp. (1993. NIMH) **572D. Free.**

Plain Talk About Depression. Depression has many symptoms. Learn how it's diagnosed, treated, and how to get help. 4 pp. (1992. NIMH) **573D. Free.**

HOUSING

Buying & Financing

Consumer Handbook on Adjustable Rate Mortgages. Describes basic features, advantages, risks, and terminology. Explains how ARM's work and how to reduce your risks. 25 pp. (1995. FRB) **331D. 50¢.**

A Consumer's Guide to Mortgage Lock-Ins. Lists questions to ask when shopping for a mortgage. 14 pp. (1995. FRB) **332D. 50¢.**

A Consumer's Guide to Mortgage Refinancings. Is refinancing beneficial for you? Learn the costs, and how to tell if the time is right. 8 pp. (1995. FRB) **333D. 50¢.**

Energy Efficient Mortgage Home Owner Guide. If you're buying, refinancing, or remodeling, you could increase your comfort and save money with a mortgage that covers energy-saving repairs. 9 pp. (1996. DOE) **609D. Free.**

Guide to Single Family Home Mortgage Insurance. FHA insurance protects lenders against losses on mortgages so they can offer you more generous terms. Learn what the costs, conditions, and options are. 21 pp. (1994. HUD) **120D. \$1.25.**

Home Buyer's Vocabulary. Defines common words and terms used in the real estate world. Especially useful for the first time buyer. 14 pp. (1994. HUD) **121D. \$1.00.**

The Home Inspection & You. Answers questions about how and why you should get a home inspection before buying or selling. 2 pp. (1993. USDA) **334D. 50¢.**

How to Buy a Home With a Low Down Payment. There are private and federal options for obtaining a mortgage. Learn how to qualify, determine what you can afford, and more. 12 pp. (1995. USDA) **574D. Free.**

How to Buy a Manufactured (Mobile) Home. Tips on selection and placement, warranties, site preparation, transportation, installation, and more. 22 pp. (1997. FTC) **377D. 50¢.**



The HUD Homebuying Guide. Here are step-by-step instructions for finding and financing a HUD home. Includes charts to help you estimate mortgage payments. 11 pp. (1995. HUD) **575D. Free.**

Twelve Ways to Lower Your Homeowners Insurance Costs. Practical tips to help reduce your expenses. Lists phone numbers of state insurance departments for more information. 4 pp. (1995. OCA) **335D. 50¢.**

Home Improvements & Safety

Backyard Bird Problems. How to control common problems such as destruction of garden plants, nesting in gutters and chimneys, and damage to your home's exterior. 27 pp. (1993. DOI) **576D. Free.**

Fixing Up Your Home and How to Finance It. Basic information about hiring a contractor, doing the work yourself, and the Title 1 loan program (a loan for making home improvements). 2 pp. (1995. HUD) **378D. 50¢.**

A Home Electrical Safety Check. Lists symptoms of potential electrical hazards, discusses do's and don'ts, and poses questions to help you keep your home safe. 17 pp. (1995. CPSC) **337D. 50¢.**

● **Also check "Your Family Disaster Supplies Kit" on page 13.**

Home Water Treatment Units. Discusses various options for purifying drinking water, factors to consider before purchasing a unit, and how to avoid deceptive sales pitches. 2 pp. (1993. FTC) **338D. 50¢.**

Never Say Never. 90% of all U.S. natural disasters involve flooding. Learn how to obtain the insurance coverage you need. 5 pp. (1996. FEMA) **577D. Free.**

Protect Your Family From Lead in Your Home. Ingesting lead is dangerous, especially to young children. Learn how to check your home and reduce the hazards. 15 pp. (1995. EPA) **578D. Free.**

Rehab a Home With HUD's 203(k). Learn how you might get a long-term mortgage that includes the costs of reconstructing, modernizing and eliminating health and safety hazards in your home. 35 pp. (1995. HUD) **339D. 50¢.**

● **Find more good tips in the Environment section on page 4.**

Repairing Your Flooded Home. Step-by-step advice on cleaning up and repairing your home and its contents after a flood and how to protect your home in the future. 56 pp. (1992. FEMA) **579D. Free.**

Selecting a New Water Heater. Describes how different types of water heaters work and features to consider when buying. 6 pp. (1995. DOE) **122D. \$1.00.**

MONEY

At-Home Shopping Rights. How to deal with late deliveries, unordered merchandise, billing errors and much more when making purchases by mail or phone order. 2 pp. (1994. OCA/USPS) **366D. 50¢.**

Bankruptcy. Explains what bankruptcy is, lists the different types, and what the differences mean to you in the short and long term. 5 pp. (1996. LSC) **580D. Free.**

● *You'll also find help in "Managing Your Debts..." in the next column.*

Being An Executor. Explains what an executor is and does in order to settle an estate. Includes a checklist and resources for more help if you are named an executor. 8 pp. (1996. LSC) **581D. Free.**

Being Sued. Describes what happens when you're sued; when to consider hiring a lawyer; and options for avoiding litigation. 10 pp. (1996. LSC) **604D. Free.**

Cybershopping. The pros and cons of shopping on the Internet with special tips on protecting the security of a financial transaction. 2 pp. (1996. FTC) **341D. 50¢.**



Doing Your Taxes. Explains what tax forms to use, how to fill them out, where to send your return, and how to get free help. Lists the most common errors to watch for. 12 pp. (1995. TREA) **582D. Free.**

An IRS Audit. Explains what an audit is, and factors that may trigger one. Here's advice that includes how to appeal the results. 8 pp. (1996. LSC) **583D. Free.**

Making A Will. Explains why a will is important, how to prepare one, what to include, and how to keep it current. 12 pp. (1996. LSC) **584D. Free.**

Making Sense of Savings. How to compare different banking accounts. Describes the various services and fees, and questions to ask about interest rates and service charges. 12 pp. (1994. FRB) **343D. 50¢.**

Shopping With Your ATM Card. Describes the new ways you can use an ATM card. Provides safety precautions and a listing of networks and affiliated shopping services by state. 23 pp. (1995. USDA) **585D. Free.**

Swindlers Are Calling. Eight things you should know about telemarketing fraud, nine tip-offs that a caller could be a crook, and ten ways to avoid becoming a victim. 4 pp. (1990. CFTC/FTC) **369D. 50¢.**

Credit

Consumer Handbook to Credit Protection Laws. Explains how consumer credit laws can help you apply for credit, keep up a good credit standing, and complain about an unfair deal. 44 pp. (1993. FRB) **345D. 50¢.**

Fair Debt Collection. Describes what debt collectors may and may not do if you owe money. How and where to complain if you are harassed, threatened, or abused. 2 pp. (1992. FTC) **346D. 50¢.**

How to Dispute Credit Report Errors. Gives tips on correcting errors, registering a dispute, and adding information to your file. 2 pp. (1994. FTC) **347D. 50¢.**

Managing Your Debts: How to Regain Financial Health. Learn where to begin - what you can do for yourself, how counseling can help, facts about bankruptcy, and more. 2 pp. (1994. OCA) **348D. 50¢.**

Ready, Set...Credit. How to check your credit record and establish a good history. What to do if your credit card is lost, stolen, or turned down. 2 pp. (1996. FTC) **349D. 50¢.**

Shop...The Card You Pick Can Save You Money. Charts 149 credit card plans to help you compare annual percentage rates, calculate finance charges, types of pricing, grace periods, and annual fees. 18 pp. (1996. FRB) **350D. 50¢.**

Financial Planning

Annuities. Detailed information on the different types of annuities that can accumulate and generate retirement income. Includes a helpful quiz and questions to ask before you purchase. 11 pp. (1996. USDA) **586D. Free.**

66 Ways to Save Money. Practical ways to cut everyday costs on transportation, insurance, banking, credit, housing, utilities, food, and much more. 4 pp. (1995. OCA) **351D. 50¢.**

Buying Treasury Securities. Learn all about bills, notes, and bonds including purchase, payment, reinvestment, and taxation. 36 pp. (1995. TREA) **587D. Free.**

Establishing A Trust Fund. Explains the different types of trusts, their benefits, and gives examples of when each type is most useful. 10 pp. (1996. LSC) **589D. Free.**

Facts About Financial Planners. What they can and can't do, what credentials to ask for, and what to expect. Includes charts for organizing your records. 12 pp. (1994. FTC) **352D. 50¢.**

An Introduction to Mutual Funds. Explains what they are, how to compare them, what factors to consider before investing, and how to avoid common pitfalls. 15 pp. (1994. SEC) **353D. 50¢.**

Invest Wisely. Basic tips to help you select a brokerage firm and representative, make and monitor an investment, questions to ask, and signs of problems. 14 pp. (1994. SEC) **354D. 50¢.**

Investment Swindles: How They Work and How To Avoid Them. Protect against illegal, yet legitimate-sounding, telemarketing and direct mail offers. Explains who swindlers are and techniques commonly used. 22 pp. (1994. CFTC) **590D. Free.**

Investors' Bill of Rights. Tips to help you make an informed decision when making investments. 7 pp. (1993. CFTC/USPS) **591D. Free.**

Planning Your Estate. How to estimate the size of your estate; minimize taxation, and provide for your heirs. 10 pp. (1996. LSC) **593D. Free.**

Staying Independent: Planning for Financial Independence in Later Life. Helps you evaluate your present financial status and determine if changes are necessary. 7 pp. (1990. USDA) **355D. 50¢.**

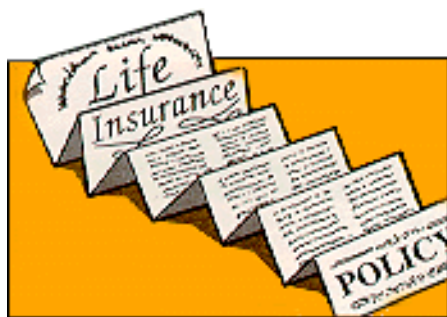
Top 10 Ways to Beat the Clock and Prepare for Retirement. Gives practical tips to help build your retirement savings, and resources for more information. 2 pp. (1995. DOL) **594D. Free.**

Understanding Opportunities and Risks in Futures Trading. Explains the commodities market, regulations and risks involved. Discusses what to look for in a futures contract, explains terms and so much more. 46 pp. (1986. CFTC) **356D. 50¢.**

U.S. Savings Bonds Investor Information. Detailed information on savings bond purchase, interest, maturity, replacement, redemption, exchange, and taxes. 10 pp. (1995. TREA) **357D. 50¢.**

Viatical Settlements. Discusses options for selling your life insurance policy if you have a terminal illness, including lump sum payments, loans, and accelerated benefits. 7 pp. (1995. FTC) **358D. 50¢.**

What You Should Know About Buying Life Insurance. Describes various types with tips on choosing a company and agent, and making sure a policy meets your needs. 23 pp. (1995. OCA) **595D. Free.**



- Also learn "Nine Ways to Lower Your Auto Insurance Costs", see page 2.

SMALL BUSINESS

Americans with Disabilities Act: Guide for Small Businesses. Basic requirements for small businesses to ensure that their facilities are accessible. Discusses tax credits and deductions with toll-free sources for more help. 15 pp. (1996. DOJ) **620D. Free.**

- Find more Disability information on page 13 in the Miscellaneous section.

General Information Concerning Patents. Learn about patent laws, application procedures, costs, and more. Includes application form with instructions. 44 pp. (1994. DOC) **123D. \$2.25.**

Guide to Business Credit for Women, Minorities, and Small Businesses. Explains the preparation and application process to obtain commercial credit. 12 pp. (1992. FRB) **360D. 50¢.**

Resource Directory for Small Business Management. Lists publications and video tapes useful for starting and managing a successful small business. 5 pp. (1995. SBA) **361D. 50¢.**

Running A Small Business. Discusses sales and marketing, record keeping, finding advisors, partners, personnel, patents, trademarks, copyrights, financial concerns and much more. 11 pp. (1996. SBA) **597D. Free.**

Selling a Business. How to find a buyer, work with a broker, assess what your business is worth, handle your customer list, and finance the sale. 12 pp. (1996. SBA) **598D. Free.**

Starting a Business. Lists questions to ask about yourself and your business plans before you get started, discusses financing, and explains the four types of business ownership. 10 pp. (1996. SBA) **599D. Free.**

TRAVEL & HOBBIES

Discover America: A Listing of State Tourism Offices of the U. S. Use this list to order free vacation information including maps, calendars of events, travel guides, and more. 4 pp. (1996. DOI) **379D. 50¢.**

Fly-Rights. Advice for travelers on getting the best fares, what to do when faced with lost tickets and baggage, canceled or overbooked flights, and much more. 58 pp. (1994. DOT) **124D. \$1.75.**

Fly Smart. Lists more than 30 things you can do to help make your flight a safe one. Includes a passenger checklist. 2 pp. (1994. DOT) **600D. Free.**

For the Birds. Three separate booklets describe how to attract different species of birds, feed them, and build or buy suitable homes. (1991. DOI) **362D. 50¢.**

Foreign Entry Requirements. Lists 230 embassies and consulate addresses and phone numbers where passports and visas may be obtained. 20 pp. (1996. DOS) **363D. 50¢.**

Lesser Known Areas of the National Park System. Listing by state of more than 170 national parks, their accommodations, locations and historical significance. Includes tips on how to prepare for a park visit. 49 pp. (1995. DOI) **125D. \$1.75.**

National Park System Map and Guide. Full color map lists activities at more than 300 parks, monuments, and historic sites. Gives addresses and phone numbers of each park to contact for more information. (1996. DOI) **126D. \$1.25.**

National Trails System Map and Guide. Full color map describes eight national scenic trails and nine national historic trails. (1993. DOI) **127D. \$1.25.**

National Wildlife Refuges: A Visitor's Guide. Full color map shows the best viewing seasons and recreational and educational opportunities at nearly 400 wildlife refuges nationwide. (1994. DOI) **132D. \$1.25.**

New Horizons for the Air Traveler with a Disability. Describes accommodations, facilities, and services that are required to be available and accessible. 33 pp. (1995. DOT) **601D. Free.**

Passports: Applying for Them the Easy Way. How, when, and where to apply for U.S. passports. Includes information on fees. 2 pp. (1996. DOS) **364D. 50¢.**

Stars in Your Eyes: A Guide to the Northern Skies. Helpful hints on how to find the seven best known constellations and explains how they were named. 21 pp. (1993. DOD) **128D. \$1.50.**

MISCELLANEOUS

Antitrust Enforcement and the Consumer. Revised. Explains how laws governing business competition are enforced and how consumers benefit. 12 pp. (1996. DOJ) **621D. Free.**

Civil War at a Glance. This color map illustrates and briefly describes major Civil War battle campaigns. (1991. DOI) **129D. \$1.25.**

A Consumer's Guide to Postal Services and Products. Describes many special mailing services that save you time and money. Revised. 40 pp. (1996. USPS) **605D. Free.**

1997 Consumer's Resource Handbook. Lists contacts to help with consumer problems and complaints. Includes corporate consumer representatives, private resolution programs, automobile manufacturers, government agencies, how to write an effective complaint letter and much more. 127 pp. (1996. GSA/OCA) **623D. Free.**



Dealing with a Disability. Discusses options for housing, health care, financial benefits, work, and legal rights. Offers advice for families and friends, including sources of assistance. 12 pp. (1996. ED) **603D. Free.**

Enjoying Retirement. Lists items to think about and plan before retirement, including: daily activities, exercise, diet, finances, and more. 10 pp. (1996. AOA) **606D. Free.**

Funerals: A Consumer Guide. Tells what costs and services a funeral provider is required to give you when you inquire in person or by phone. 4 pp. (1994. FTC) **367D. 50¢.**

A Guide to Disability Rights Laws. Describes your rights regarding fair housing, public accommodations, telecommunications, education and employment. 14 pp. (1996. DOJ) **622D. Free.**

Taking Legal Action. Discusses when legal action may be appropriate, how to file in small claims court, and when to consider hiring a lawyer. 10 pp. (1996. LSC) **607D. Free.**

The U.S. and the Metric System. Everything you need to know to use metric in everyday life. Includes metric conversion charts, a cookie recipe in metric, and more. 10 pp. (1992. DOC) **370D. 50¢.**

U.S. Government TTY Directory. Phone numbers of agencies and congressional offices with Teletypewriters. These are communication devices used by individuals who are deaf, hard of hearing, and speech impaired. 79 pp. (1995. GSA) **608D. Free.**

Where to Write for Vital Records. How to obtain certified copies of birth, death, marriage, and divorce certificates. Lists the cost per copy, addresses to write, and more. 30 pp. (1993. HHS) **130D. \$2.25.**

Your Family Disaster Supplies Kit. Lists how much and what kinds of food, first aid supplies, clothing, tools, and sanitation supplies you should stock to care for your family in an emergency. 4 pp. (1995. FEMA) **371D. 50¢.**

PUBLICATION PRICING

As you look through the **Catalog**, you may wonder why some booklets have an individual price and others do not. We have three different categories of booklets in the **Catalog**. Booklets are offered without individual charge to the consumer if the sponsoring agency can pay the printing and distribution costs. When a booklet has a sales price, it's part of the Government Printing Office (GPO) sales program. GPO sets the price to cover printing, distribution, and related costs; prices vary accordingly. When a booklet is 50¢, the publishing agencies are able to share in some of the costs customarily paid by GPO.

PARTICIPATING AGENCIES

The initials of the federal office sponsoring a booklet appear in parentheses near the end of each publication entry. Please use the list below to translate the initials into the agencies' names.

AOA	Administration on Aging	HHS	Department of Health and Human Services
CFTC	Commodity Futures Trading Commission	HUD	Department of Housing and Urban Development
CPSC	Consumer Product Safety Commission	LSC	Legal Services Corporation
DOC	Department of Commerce	NCI	National Cancer Institute
DOD	Department of Defense	NEH	National Endowment for the Humanities
DOE	Department of Energy	NIH	National Institutes of Health
DOI	Department of the Interior	NIMH	National Institute of Mental Health
DOJ	Department of Justice	OCA	U.S. Office of Consumer Affairs
DOL	Department of Labor	PBGC	Pension Benefit Guaranty Corporation
DOS	Department of State	PCPFS	President's Council on Physical Fitness and Sports
DOT	Department of Transportation	SBA	Small Business Administration
ED	Department of Education	SEC	Securities & Exchange Commission
EPA	Environmental Protection Agency	SSA	Social Security Administration
FDA	Food and Drug Administration	TREA	Department of the Treasury
FEMA	Federal Emergency Management Agency	USDA	U.S. Department of Agriculture
FRB	Federal Reserve Board	USPS	U.S. Postal Service
FTC	Federal Trade Commission	VA	Department of Veterans Affairs
GSA	General Services Administration		
HCFA	Health Care Financing Administration		

HOW TO ORDER

Sales Booklets

● On page 15, "Order Form for Sales Booklets" fill in the quantity and total price of the sales booklets you want.

● Add up the quantity and prices, then enter your totals in the spaces provided.

Quantity Discount: If you order 100 or more copies of a single sales booklet, deduct 25% off the price of this booklet. **Discounts do not apply to 50¢ booklets.**

International Orders: To cover extra handling costs for shipments outside of the United States, add 25% to the total sales price of your order.

Free Booklets

● On the back cover, "Order Form for Free Booklets" circle the item number for each free booklet you want. You may order up to 25 different free booklets. Note: Supplies of free publications may be limited, so order today!

● Add up the total number of free booklets ordered and fill in the space provided on pages 15 and 16.

While there is no charge for individual free publications, there is a \$1.00 service fee to help defray program costs. For that \$1.00, you may order up to 25 different free booklets. Supplies may be limited.

Payment and Ordering

● Payment can be made by check or money order payable to the "**Superintendent of Documents**" or charged to your VISA, MasterCard, Discover Card, or pre-paid GPO deposit account. **Charge card orders, please include the expiration date and your signature.**

● Please allow 4 to 6 weeks for delivery. Prices guaranteed through September 30, 1997.

Mail: If you order **ONLY** free booklets, mail your order to:

S. James
Consumer Information Center - 7B
P.O. Box 100
Pueblo, Colorado 81002

All other orders, mail to:

R. Woods
Consumer Information Center - 7B
P.O. Box 100
Pueblo, Colorado 81002

Telephone: To telephone your charge card or GPO deposit account order, call **719-948-4000** Monday - Friday, 9:00 a.m. - 4:30 p.m. Eastern Time. Please have booklet item numbers, titles, and payment information ready when you call.

Fax: To fax your charge card or GPO deposit account order, call **719-948-9724**. Just fill in the mailing label, order form(s), and payment information. Sorry, no COD orders or correspondence can be accepted.

PLEASE SEND ME...

There is no \$1.00 service fee for the services mentioned below. Just ✓ the boxes that apply to you, fill in the mailing label(s) below, and return it to us with your order.

- ☐ ____ (quantity) free copies of next quarter's **Consumer Information Catalog**.
- ☐ Groups willing to distribute 20 or more copies of the **Consumer Information Catalog** each quarter may check here for a bulk mailing list application..
- ☐ information on electronic access to CIC's booklets and services.

Name _____ 7B

Address _____

City, State, Zipcode _____

Also send a free Catalog to:

Name _____ 7B

Address _____

City, State, Zipcode _____

ORDER FORM FOR SALES BOOKLETS




7B

Qty.	Price	Total \$	Qty.	Price	Total \$	Qty.	Price	Total \$
101D	\$ 1.00	_____	304D	\$.50	_____	341D	\$.50	_____
102D	\$ 1.00	_____	305D	\$.50	_____	343D	\$.50	_____
103D	\$ 1.75	_____	306D	\$.50	_____	345D	\$.50	_____
104D	\$ 1.00	_____	307D	\$.50	_____	346D	\$.50	_____
105D	\$ 1.00	_____	308D	\$.50	_____	347D	\$.50	_____
106D	\$ 1.00	_____	309D	\$.50	_____	348D	\$.50	_____
107D	\$ 1.75	_____	311D	\$.50	_____	349D	\$.50	_____
109D	\$ 3.25	_____	312D	\$.50	_____	350D	\$.50	_____
110D	\$ 2.25	_____	313D	\$.50	_____	351D	\$.50	_____
111D	\$ 1.50	_____	314D	\$.50	_____	352D	\$.50	_____
112D	\$ 2.50	_____	315D	\$.50	_____	353D	\$.50	_____
113D	\$ 1.75	_____	316D	\$.50	_____	354D	\$.50	_____
115D	\$ 1.00	_____	317D	\$.50	_____	355D	\$.50	_____
116D	\$ 1.00	_____	318D	\$.50	_____	356D	\$.50	_____
117D	\$ 1.25	_____	319D	\$.50	_____	357D	\$.50	_____
119D	\$ 1.75	_____	320D	\$.50	_____	358D	\$.50	_____
120D	\$ 1.25	_____	321D	\$.50	_____	359D	\$.50	_____
121D	\$ 1.00	_____	322D	\$.50	_____	360D	\$.50	_____
122D	\$ 1.00	_____	323D	\$.50	_____	361D	\$.50	_____
123D	\$ 2.25	_____	324D	\$.50	_____	362D	\$.50	_____
124D	\$ 1.75	_____	325D	\$.50	_____	363D	\$.50	_____
125D	\$ 1.75	_____	326D	\$.50	_____	364D	\$.50	_____
126D	\$ 1.25	_____	327D	\$.50	_____	366D	\$.50	_____
127D	\$ 1.25	_____	328D	\$.50	_____	367D	\$.50	_____
128D	\$ 1.50	_____	329D	\$.50	_____	369D	\$.50	_____
129D	\$ 1.25	_____	330D	\$.50	_____	370D	\$.50	_____
130D	\$ 2.25	_____	331D	\$.50	_____	371D	\$.50	_____
131D	\$ 1.75	_____	332D	\$.50	_____	372D	\$.50	_____
132D	\$ 1.25	_____	333D	\$.50	_____	374D	\$.50	_____
250D	\$ 9.50	_____	334D	\$.50	_____	375D	\$.50	_____
251D	\$15.00	_____	335D	\$.50	_____	376D	\$.50	_____
302D	\$.50	_____	337D	\$.50	_____	377D	\$.50	_____
303D	\$.50	_____	338D	\$.50	_____	378D	\$.50	_____
			339D	\$.50	_____	379D	\$.50	_____

Total sales titles ordered _____ Total sales price \$ _____

Total free titles ordered _____ If any, include \$1 service fee \$ _____

☒ Payment method: (Prices honored until 9/30/97) _____ Total cost \$ _____

☐    _____

____ / ____

Signature: _____

Expiration date

☐ Check/money order to "Superintendent of Documents"

☐ GPO Deposit Account _____ - _____

This is your mailing label. Please print in ink or type. Do not detach.

Name _____

Address _____

City, State, Zipcode _____

ORDER FORM FOR FREE BOOKLETS

7B

- Circle the item numbers of the booklets you want. **You may order up to 25 different free booklets.**

502D	526D	551D	575D	600D
503D	527D	552D	576D	601D
504D	528D	553D	577D	602D
505D	529D	554D	578D	603D
506D	530D	555D	579D	604D
507D	531D	556D	580D	605D
508D	532D	557D	581D	606D
509D	533D	559D	582D	607D
510D	534D	560D	583D	608D
511D	535D	561D	584D	609D
512D	536D	562D	585D	610D
513D	538D	563D	586D	613D
514D	539D	564D	587D	615D
515D	540D	565D	589D	616D
516D	541D	566D	590D	617D
517D	543D	567D	591D	618D
519D	544D	568D	593D	619D
520D	545D	569D	594D	620D
521D	546D	570D	595D	621D
522D	547D	571D	596D	622D
523D	548D	572D	597D	623D
524D	549D	573D	598D	
525D	550D	574D	599D	

- The total number of free booklets ordered is _____. Also fill in this number on page 15. **Don't forget to include the \$1.00 service fee.**

WHERE TO SEND YOUR ORDER

If you order **ONLY** free booklets, mail your order to:

S. James
Consumer Information Center - 7B
P.O. Box 100
Pueblo, Colorado 81002

If you order **BOTH** sales and free, or **ONLY** sales booklets, mail your order to:

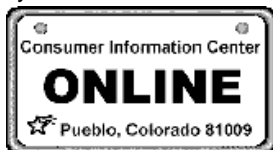
R. Woods
Consumer Information Center - 7B
P.O. Box 100
Pueblo, Colorado 81002

You can also fax to 719-948-9724, or telephone to **719-948-4000**. Ssee page 14.

* U.S. Government Printing Office: 1997418-617/40004

Publications listed in this Catalog are available online along with other consumer news, updates, and information. Use your modem or Internet connection to access us electronically.

Internet World Wide Web:
<http://www.pueblo.gsa.gov>



Electronic BBS:
202-208-7679

For detailed instructions on connecting to CIC, e-mail us at: cic.info@pueblo.gsa.gov with the words "SEND INFO" in the body of the message, or check the box on page 14 of this Catalog!



U.S. General Services Administration • Consumer Information Center

